



More than 42 Soldiers assigned to A Co., 225th BSB, 2nd BCT, 25th ID, and three Marine Corps water survival instructors, assigned to 3rd Marine Regiment, took part in a water survival class, Nov. 16, at Richardson Pool, Schofield Barracks. The training was designed to provide Soldiers with water survival techniques to overcome fear.

Water survival is about conquering the fear

Story and photo by
STAFF SGT. CARLOS DAVIS
2nd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — One by one, Soldiers ground their gear and stepped up to the edge of the pool. Many of them would jump in to be submerged and surrounded by their biggest fear. As the night rainfall turned into a mist and the sun began to rise over the mountains, the Soldiers assigned to Company A, 225th Brigade Support Battalion, 2nd Infantry Brigade Combat Team, 25th Inf. Division, participated in water survival training at Richardson Swimming Pool, here. “Soldiers can find themselves in a very sticky situation, and water survival is one of those perishable skills that we as the

Army fail to incorporate as an annual requirement,” said 1st Sgt. Darryl Dotson, the senior enlisted advisor for A Co., 225th BSB. “Accomplishing their fear is the most important and will help Soldiers survive in the event they find themselves in a real world situation.” According to Dotson, this training is vital in making his company a combat ready team for the Warrior Brigade and throughout the Pacific command area of responsibility. “The Soldiers who completed the training today will be ready for any operation that will be around or near water,” he said. “They will have the skills to survive in water-based off the training they received today.” The water survival training was instructed by Marine water survival instructors, assigned to 3rd Marine Regiment,

from Marine Corps Base Hawaii, Kaneohe Bay. According to Sgt. Thomas Adams, a satellite operator and one of the Marine water survival instructors, this training provided a good foundation for a lot of the Soldiers. “The training was provided by the Marines. We were required to swim 25 meters using different swimming techniques of our choosing, tread water for 10 minutes using either the doggy paddle, standing or on our back, and finally, we had to jump from the high dive platform and swim back to the deck area,” said Dotson. For one Soldier, the training was a step above the regular grind of physical fitness training he had conducted on a regular basis. “This was pretty demanding,” said

Spc. Roberto Oliver, a petroleum supply specialist and a native of Ponce, Puerto Rico. “Trying to stay in a pool and tread water for five minutes, then getting out of the pool to conduct down and ups, then swimming 25 meters and getting out and doing 15 push-ups, then swimming back 25 meters was really challenging. “I wish there were more realistic training, from week to week, like this, and I cannot wait until the next level of training with the Marines,” he said. As the training concluded, the Soldiers were able to build a foundation to overcome their fear of water. “Watching my Soldiers overcome their fear of water is a big accomplishment,” said Dotson. “They attempted and completed all phases of the training, while going above and beyond all expectations.”

Hawaii schools, service members celebrate partnership

Story and photos by
CHRISTINE CABALO
Staff Writer

HONOLULU — Volunteers were honored for their A-plus efforts in helping Hawaii public school students during the Joint Venture Education Forum’s 15th annual meeting at the Hawaii Convention Center, here, Nov. 17. Lt. Gen. Anthony Crutchfield, deputy commander of U.S. Pacific Command, was the event’s keynote speaker and assisted in the presentation of awards to key personnel and volunteers from all branches of the armed services. The forum was developed in 1998 to promote partnerships with the military community and Hawaii schools. “Our continued goal is to maintain high-quality education opportunities to all public students,” Crutchfield said. The forum connects service members to Hawaii schools to find solutions together as partners, Crutchfield said. Military units regularly volunteer to mentor students in their academic studies, assist in their physical education classes and provide maintenance support for school facilities.



Service members and civilians fill Liliu Theater at the Hawaii Convention Center for the 15th annual JVEF meeting, Nov. 17. The forum was developed to help partner military units with Hawaii schools to improve education.

A total of 28 Soldiers were recognized for their efforts alongside other volunteers from other branches of service. The forum has uniquely been able to reinforce public school efforts to help both students who are Hawaii residents and school-age children of service members, Crutchfield said. The

population of military impacted children who go to school in Hawaii is high, the USPACOM deputy commander added. “Eight percent of desks in Hawaii schools are being used by military dependents,” Crutchfield said. The meeting highlighted how students are greatly benefiting from the forum’s programs, including its Aloha Transition

Centers. In the course of their education from kindergarten to their senior year of high school, Crutchfield said a student may need to change schools as many as nine times. Two students, who are also enrolled in their school JROTC programs, spoke about how the center was important to their development after moving due to a parent being in the military. Col. Peter Santa Ana, director for Manpower and Personnel at USPACOM, said he is indebted to the center for assisting in his daughter’s transition while in high school. Santa Ana’s daughter has now gone on to study at well-known college Notre Dame. “Without support, military families can feel alone or left behind, with increased stress,” Crutchfield said. In between speeches, the audience watched several short videos about JVEF school partnerships, showcasing the Aloha Transition Centers, how service member volunteers assisted schools, and interviews with school staff about how invaluable help is from the military.

See JVEF A-4

‘Bronco’ Brigade recognized for school partnership at JVEF

STAFF SGT. ARMANDO R. LIMON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

HONOLULU — Three Soldiers assigned to the 3rd Brigade Combat Team, “Broncos,” 25th Infantry Division, were recognized for their selfless service to Hawaii public schools during the 15th Annual Joint Venture Education Forum (JVEF) at the Hawaii Convention Center, here, on Nov. 17. The JVEF is a cooperative partnership between the military community and the Hawaii Department of Education that strives to provide positive learning environments and quality educational opportunities for children in Hawaii’s public schools. The Soldiers volunteered their time and efforts with six different schools in the Central Oahu region. Capt. Ramee Opperule, public affairs officer assigned to Headquarters and Headquarters Company, 3rd BCT, one of the three Soldiers recognized, helped spearhead efforts for the Bronco Bde. “What makes the JVEF and the school partnership program so important?” Opperule asked. “Investing time and energy into the community is good for the individual Soldier, as well as the military on Oahu,” he answered. “It is extremely rewarding to be involved with students and educators in and around where we work.



Capt. Ramee Opperule (right), assigned to HHC, 3rd BCT, 25th ID, is handed a coin by Lt. Gen. Anthony Crutchfield, deputy commander, USPACOM, during the 15th annual JVEF at the Hawaii Convention Center in Honolulu, Nov. 17.

“Being a good steward of the community and role model to local students is a point of pride, and I think we should all take this responsibility seriously,” he added. “It has been very rewarding to see these relationships grow over the past few years, and I would expect nothing, but continued success for our unit and the partnerships we maintain with area schools.” First Lieutenant Ashley M. Sperry, assigned to HHC, 29th Bde. Engineer Battalion, “Wayfinders,” was recognized for her efforts volunteering with a local school

since October 2014 and has loved every minute of her experience. “I was the school partnership liaison for 29th BEB with Solomon Elementary School,” Sperry said. “I wanted to get involved because I adore watching children grow in their education, and it is very rewarding to see how excited the children get when Soldiers come by and participate in events with them.” Her favorite events the past two years have been volunteering as a judge for the Solomon Science Fair, as well as Math

Days. “I want to personally thank the principal, Sally Omalza, and the school coordinator for the partnership, Ribanna, for allowing me the opportunity to join in and help with school activities,” she added. Sgt. Adam J. Egg, assistant operations noncommissioned officer assigned to HHC, 2nd Bn., 35th Inf. Regiment, “Cacti,” was the Soldier who coordinated with Ernest Muh, the principal of Helemano Elementary School, to restart the school partnership with Cacti. “Helemano Elementary School and 2-35th Inf. Regt. have worked together in the past,” Adams explained as the reason for reconnecting ties again between Cacti and Helemano. “The students of Helemano Elementary School and faculty are nice and helpful people,” he added. “I could see how much it meant to the students that 2-35th Inf. Regt. came out to conduct fun activities with them.” Egg said he greatly enjoyed spending his time interacting with students and getting Cacti involved with helping out with the school. “Helemano Elementary School is a great school, and the faculty are very helpful with supplying me with dates that 2-35th Inf. Regt. can come to the school and participate in Fun Days and other events like their Fun Run,” he added.



The HAW is an authorized newspaper, produced in the interest of the U.S. Army community in Hawaii by the U.S. Army-Garrison Hawaii Public Affairs Office. Contents of the HAW are not necessarily the official views of, or endorsed by, the U.S. Government or the Department of the Army.

The HAW is printed by the Honolulu Star-Advertiser, a private firm in no way connected with the U.S. Govt., under exclusive written agreement with U.S. Army, Hawaii.

The HAW is published weekly using the offset method of reproduction and has a printed circulation of 15,300. Everything advertised herein shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

The appearance of advertising herein, including inserts and supplements, does not constitute endorsement by the Dept. of the Army, or the Honolulu Star-Advertiser, of the firms, products or services advertised.

Commander, U.S. Army Garrison-Hawaii
Col. Stephen E. Dawson
Garrison Command Sergeant Major
CSM Lisa C. Piette-Edwards
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
editor@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Christine Cabalo 656-3150
reporter@hawaiiarmyweekly.com
Layout
Kristen Wong
layout@hawaiiarmyweekly.com
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF
Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
Website:
www.hawaiiarmyweekly.com
Nondelivery or distribution
656-3155 or 656-3488

Contributing Commands
U.S. Army-Pacific
Russell Dodson, 438-2662
25th Infantry Division
LTC Robert Phillips
655-6343
2nd Brigade Combat Team
MAJ Karen Roxberry
655-9526
3rd Brigade Combat Team
CPT Ramee L. Opperude
655-1083
25th Combat Aviation Brigade
CPT Heba Bullock
656-6663
8th Theater Sustainment Command
MAJ Lindsey Elder
438-0944
311th Signal Command (Theater)
CPT Liana Kim, 787-4095
94th Army Air & Missile Defense Command
SFC Claudio Tejada Valerio
448-1556
9th Mission Support Command
CPT Liana Kim
438-1600 ext. 3114
18th Medical Command (Deployment Support)
SFC John D. Brown, 437-4737
Tripler Army Medical Center
James Guzior, 433-2809
U.S. Army Corps of Engineers-Honolulu District
Dino Buchanan, 835-4003
500th Military Intelligence Brigade
SFC Thomas Collins
437-6819
599th Transportation Brigade
Donna Klapakis, 656-6420
USAG-Pohakuloa
Eric Hamilton, 808-969-2402

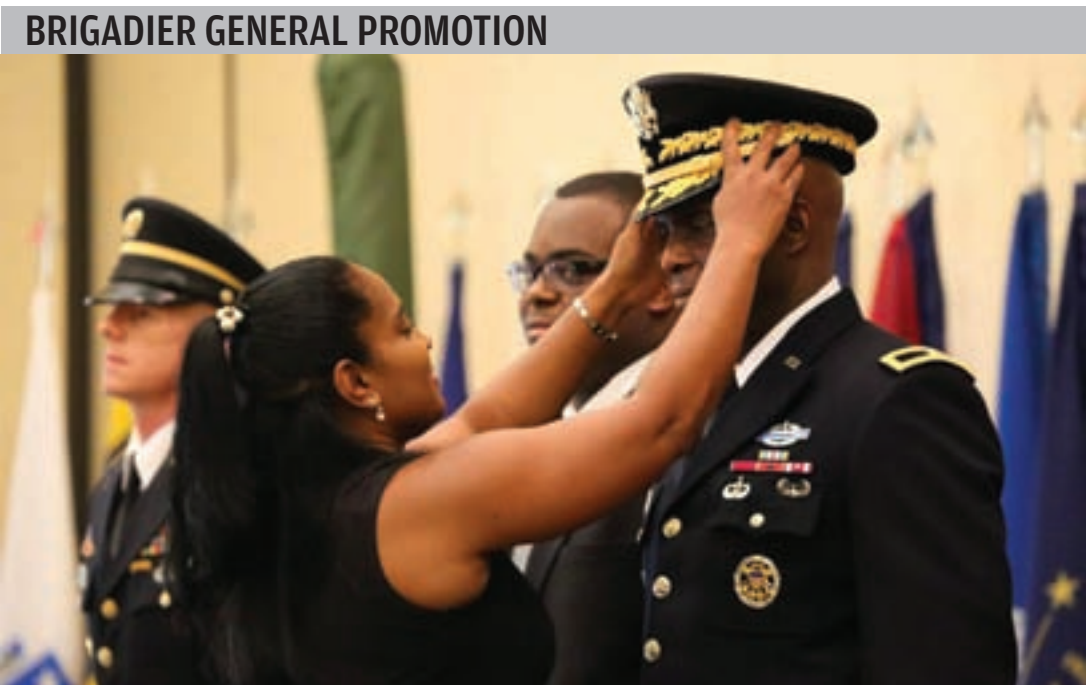


Photo by Sgt. Erin Sherwood, 25th Infantry Division

25th DCG-OPS receives 1st star

SCHOFIELD BARRACKS — The 25th Infantry Division’s deputy commanding general of Operations receives his first star during a promotion ceremony, Nov. 21, here.

Sandra Stanford, wife of the 25th ID DCG, Operations, puts the distinctive general officer hat on her husband, Brig. Gen. Stephen Michael, during the promotion ceremony at the Nehelani.

Police Call

Season’s safety, domestic issues trending

SGT. 1ST CLASS MIGUEL ESPINOZA
Law Enforcement Division
Directorate of Emergency Services
U.S. Army Garrison-Hawaii

‘Tis the season to ... secure your belongings!

As we enter this holiday season, not all are willing to share their jolly, but many would rather swipe your goods at their first opportunity.

This month’s Police Call will focus on the safety and security of the community during the holiday season, as well as highlight the crime trends within U.S. Army Garrison-Hawaii.

Please take a minute to look at these holiday tips and share them with family and friends:

- If you must shop at night, always park in a well-lighted area.
- Do not leave packages or valuables on the seat of your car in plain view. This creates a temptation for thieves.
- If you must leave something in the car, lock it in the trunk or put it out of sight.
- Keep a secure hold on your purse, handbags and parcels. Do not put them down or on top of the car in order to open the door.
- Be sure to locate your keys

prior to going to your car.

- Be extra cautious about locking doors and windows when you leave the house, even for a few minutes.
- Large displays of holiday gifts should not be visible through the windows and doors of your home.
- When setting up a tree or other holiday display, make sure doors and passageways are clear inside your home.
- Have something to eat before consuming any alcoholic beverage.
- Never drink and drive, and always have a plan. Drinking and driving could ruin your holiday season!

Current Crime Trends
The following are current issues we are tracking.

- Domestic issues, both verbal and physical, as well as assault and battery, are trending upward with 13 incidents across our communities in November.

Continue to be vigilant to prevent this type of behavior through problem solving and communication.

A number of resources are available to support you and assist in preventing these

occurrences. They include the Family Advocacy Program at (808) 655-4227 and Military OneSource at (808) 438-1781).

- Abandoned vehicles have continued to be a focus for the Directorate of Emergency Services. With the assistance of an additional tow company,



Courtesy photo

we have been able to remove 40 abandoned and derelict vehicles from the community.

We ask that you continue to report abandoned and derelict vehicles so that we can remove these hazards and hold the registered owners accountable.

- Scheduled construction for the new parking garage at the U.S. Army Health Clinic-Schofield Barracks west parking lot, along McCornack Road, has been moved to begin Dec. 12.

We’d like to remind the community that illegally parked vehicles will be cited and/or removed at the owner’s expense. Please allow for an extra 10-15 minutes to find adequate parking if you have an appointment in the area.

Reductions, discharge result from offenses

The following courts-martial took place at 8th Theater Sustainment Command.

- On Oct. 14, at a special court-martial convened at Wheeler Army Airfield, a private first class was convicted by a panel composed of officers and enlisted members, contrary to his pleas, of one specification of conspiracy to commit larceny, in violation of Article 81, Uniform Code of Military Justice.

The accused was acquitted of one specification of larceny and one specification of housebreaking in violation of Articles 121 and 130, UCMJ.

The members sentenced the accused to be reprimanded, to be reduced to the grade of E-1, and to perform 45 days of hard labor without confinement.

- On Oct. 26, at a special court-martial convened at Wheeler Army Airfield, a sergeant first class was convicted by a military panel composed of officers and enlisted members, contrary to her pleas, of one specification of conspiracy to commit larceny, one specification of larceny and two specifications of false official statements in violation of Articles 81, 121, and 107, UCMJ.

The accused was acquitted of

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

one specification of false official statement in violation of Article 107, UCMJ.

The members sentenced the accused to be reprimanded, reduced to the grade of E-6 and to perform hard labor without confinement for 90 days.

The following courts-martial took place at 25th Infantry Division.

- On Nov. 18, at a general court-martial convened at Wheeler Army Airfield, a Soldier assigned to B Company, 1st Battalion, 27th Infantry Regiment, 2nd Infantry Brigade Combat

Team, was convicted by a military panel consisting of officer and enlisted members, contrary to his plea, of one specification of sexual abuse of a child, in violation of Article 120, UCMJ.

The accused was acquitted of two specifications of rape of the child, one specification of aggravated sexual contact with the child, and one specification of sexual abuse of the child, in violation of Article 120, UCMJ.

The members sentenced the accused to be reduced to the grade of E-1, to forfeit \$1,566 per month for one month, to be restricted to the limits of Schofield Barracks for 45 days, and to be discharged from the service with a bad conduct discharge.

- On Oct. 5, at a general court-martial convened at Wheeler Army Airfield, a specialist was convicted by a military judge, pursuant to his pleas, of one specification of attempted larceny, one specification of failing to go to his appointed place of duty, one specification of disrespecting a superior commissioned officer, one specification of disobeying a lawful order, one specification of disrespecting a superior noncommissioned officer, one specification of fleeing

apprehension, one specification of resisting apprehension, two specifications of wrongful use of a controlled substance, nine specifications of larceny, and one specification of child endangerment, in violation of Articles 80, 86, 89, 90, 91, 95, 112a, 121, and 134, UCMJ.

The military judge sentenced the accused to be reduced to the grade of E-1, to be confined for 21 months and to be discharged from the service with a bad conduct discharge. The accused was credited with 110 days pre-trial confinement credit.

Federal Convictions. In addition to forfeiture of pay (either adjudged or by operation of law), confinement and a punitive discharge, a Soldier will also have a federal conviction that the Soldier must report when filling out a job application.

A federal conviction strips a Soldier of many rights, such as the right to purchase and maintain firearms and voting.



Voices of Ohana

Since November is Lung Cancer Awareness Month, we wondered, “What’s the best way to quit smoking?” by Christine Cabalo, Oahu Publications

“Stay busy. Have another activity to keep occupied. Chew gum or eat lollipops to pass the time.”

Pfc. Emilia Bevis
205th MI Bn.,
500th MI Bde.

“The best way is to just stop, but you do need family support. If you keep putting nicotine in your body, it won’t work. I smoked for 12 years, and it was a nightmare for my wife and me when I quit. But I did because had I had her support.”

Sgt. Roberto Diaz
HHB, 25th ID

“Have support. Have somebody who can talk you out of (smoking).”

Sgt. Jose Machuca
25th ID

“My brother went cold turkey. My father-in-law also just recently went cold turkey, too.”

Lindsay Pfifer
Army spouse

“I had a buddy who quit smoking. It was hard for him, but he found a hobby to direct his attention and stop fidgeting.”

Spc. Chris Walters
209th Avn. Spt. Bn.,
25th CAB, 25th ID

75th events announced

The following events are taking place in commemoration of the 75th anniversary of the Pearl Harbor attack. Events taking place on military bases require base access. All events are free and open to the public, unless otherwise noted.

Thursday, Dec. 1

- U.S. Air Force Band of the Pacific Jazz Combo-Papana Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.

Friday, Dec. 2:

- 25th Infantry Division Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- Movie on Waikiki Beach, “Twelve O’Clock High,” 5:30-10 p.m., Waikiki Outdoor Theater.

Saturday, Dec. 3

- The Swingin’ Blue Stars Performance, 1-3 p.m., Pearl Harbor Visitor Center.
- Expedition Arizona, 3-5:30 p.m., Pearl Harbor Visitor Center Theater.
- “For Love of Country-Pass It On” Opening Gala, 6-10 p.m., Pacific Aviation Museum, Pearl Harbor. Ticketed event. Call 441-1006 or visit PacificAviationMuseum.org.

Sunday, Dec. 4

- Royal Hawaiian Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- Ford Island Aerological Tower Dedication, 1-2 p.m., Pacific Aviation Museum, Pearl Harbor.
- Remember Pearl Harbor” Documentary Film Premiere, 2-4:30 p.m., Pacific Aviation Museum, Pearl Harbor. Ticketed event. Call 445-9069.
- Hawaii Remembers-Block Party, 5-9 p.m., Home of the Brave Museum & Brewseum.
- Movie on Waikiki Beach, “Run Silent, Run Deep,” 5:30-10 p.m., Waikiki Outdoor Theater.

Monday, Dec. 5

- Wheeler Remembrance Ceremony, 8 a.m., Hangar 206, Wheeler Army Airfield. DoD ID cardholders and sponsored guests.
- U.S. Pacific Fleet Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- The Swingin’ Blue Stars Performance, 2-4 p.m., Pearl Harbor Visitor Center.
- Gary Sinise & The Lt. Dan Band Concert (5:30 p.m.) and Movie on Waikiki Beach, “From Here to Eternity,” (7:30 p.m.), Waikiki Outdoor Theater.

Tuesday, Dec. 6

- U.S. Marine Corps Forces, Pacific Band Performance, 8:45-10 a.m., Pearl Harbor Visitor Center Lanai.
- 8th Annual Ewa Field Battlefield Commemoration, 9:30-11 a.m., Ewa Plain Battlefield.
- Freedom Bell Opening Ceremony and Bell Ringing, 10 a.m.-5 p.m., USS Bowfin Submarine Museum & Park.
Visit <https://pearlharbor75thanniversary.com/full-schedule-of-events/> for complete details.

AFAP delegates address policies at conference

Story and photos by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Changes to Armywide policy were placed in the hands of Soldiers and civilians at the two-day Army Family Action Plan Conference at the Nehelani, here, Nov. 15-16.

More than 40 delegates met to discuss how to improve the quality of life of the Army community, breaking up into smaller groups to refine the initiatives.

The AFAP has spurred policy changes since it was created in 1983.

“We’re seeking issues through our website, and it’s ongoing year-round,” said Mary Ann Scott, AFAP program manager. “We’re looking at (Department of the Army) level issues. Right now, we’re soliciting any issues from anyone wanting to make a quality of life change in the policy.”

With feedback from the program, there have been 186 revisions to Department of Defense or Army policies and 128 legislative changes. The initiatives created through the process have included funding Better Opportunities for Single Soldiers, amending the Thrift Savings Plan to include service members, and distributing Montgomery GI Bill benefits to military family members.

This year, the delegates came up with six initiatives they presented to senior U.S. Army Hawaii leaders. The suggested policy changes ranged from extending programs like Soldier for Life to eligible family members over 18 and adjusting Soldier evaluations. The conference is meant to



Jennifer Rodriguez with ACS and delegates discuss changing Department of the Army policy to extend emotional intelligence training to military family members. During the conference, delegates drafted six proposed initiatives to send to the U.S. Army Installation Management Command.

address large-scale issues, but does assist delegates in finding help they may need for local or garrison-level concerns.

“The delegates come from various demographics,” Scott said. “This gives them the opportunity to work amongst each other to see where they can find a solution to the issue.”

Each of the smaller groups worked with facilitators, a dedicated transcriber and other ACS personnel to draft specific suggestions citing Army regulations.

Being able to make and review proposals in a group was helpful, said Jennifer Rodriguez, a Family Advocacy Program specialist with ACS who also assisted her

group’s delegates in drafting their initiative.

“The goal for volunteer delegates was to meet, hear each other, work the issues and brainstorm,” she said. “We’re able to use this time to address the others’ ideas, follow up and set up the protocol to answer an issue. (On the second day,) we finish up drafting, and one representative will present issues and our recommended change.”

During the two-day conference the groups also had the expertise of ACS personnel to further refine ideas. The groups could speak with the ACS subject matter experts directly on hand about current policies and practices.

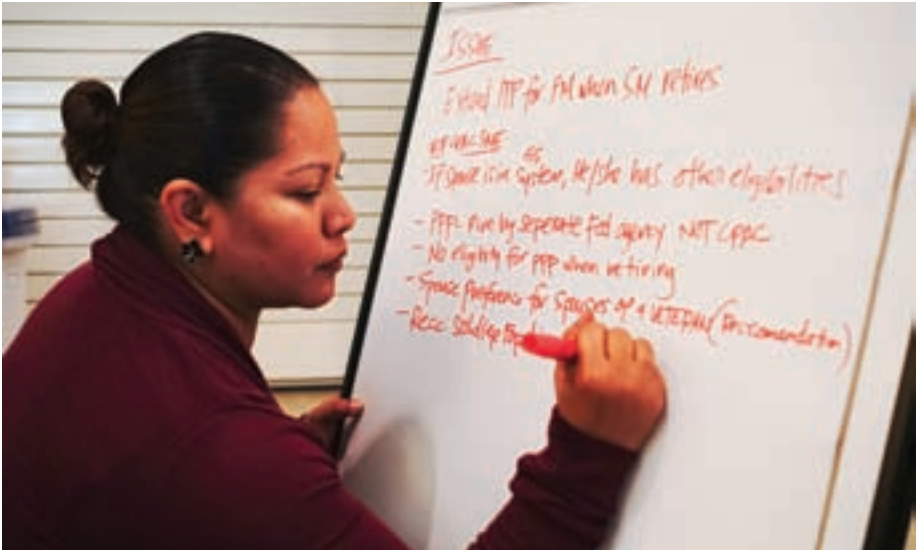
After groups completed a draft proposal, Col. Mario Diaz, division deputy commander for 25th Infantry Division, spoke.

“Those that work at national level rely on us to provide details for what it means locally to make decisions and commit scarce resources,” he said.

Diaz then thanked the delegates for volunteering their time to refine policies that could improve conditions for Soldiers, their families and even other branches of the armed services.

Diaz reminded the assembled delegates about President Theodore Roosevelt’s speech about engaging problems. He praised them for doing what the previous president encouraged everyone to do – to spend themselves in worthy causes.

“Thank you for not just being critics, but being in the arena, rolling up your sleeves to do the work,” Diaz said.



Jeanne Sablan transcribes possible solutions to concerns brought up by delegates at the AFAP conference held at the Nehelani, Nov. 15.



Several delegates from this year's AFAP conference pose for a photo with their Certificates of Achievement on the last day of the conference, at the Nehelani, Nov. 16.

Get more details about the AFAP at the Directorate of Family and Morale, Welfare and Recreation’s website: https://hawaii.army.mwr.com/pacific/hawaii/search?search_path%5B%5D=%2Fpacific%2Fhawaii&query=afap.

Transition should be ‘no gaps,’ says Fanning

C. TODD LOPEZ
Army News Service

WASHINGTON — In January, a new commander in chief of the U.S. military will move into the White House.

Over the next 60 days or so of that transition period, Secretary of the Army Eric Fanning’s priority will be the 1.1 million Soldiers of the Army – among them the 100,000 who are currently deployed or forward-stationed outside the United States in some 150 countries.

As the Army transitions from one administration to another, “there can be no gaps, there can be no seams” in providing those Soldiers with the resources they need to do their jobs, Secretary Fanning said.

“That’s the first and only priority, and we are completely dedicated to that,” Fanning told his audience during a discussion Nov. 17 at a forum sponsored by “Defense One” in Washington, D.C.

Over the course of his government career, Fanning has worked through two presidential transitions.

“As is the case in every transition, the main message is, ‘We are here, and we will do whatever is necessary to make this (transition) as smooth as possible,’” he said.

Fanning has already formulated several ideas about how he will advise the transition team for the new administration on the matter of ensuring the Army’s continued success into the future.

Chief among his concerns, he said, is “further defining



Photo by U.S. Army
Army Secretary Eric Fanning (left) discusses administrative transition and focuses for the future with *Wall Street Journal* reporter Gordon Lubold at the Defense One Summit in Washington, D.C., Nov. 17.

what the Army of the future needs to win.”

Since 9/11, the Army has focused on the near-term, the day-to-day operations that it has been called upon to conduct around the world, Fanning said.

Over the past 15 years, the Army has served as the vanguard of the U.S. military’s commitments in Iraq and Afghanistan. As a result, the Army has “stripped a lot of investment out of the future,” Fanning said.

He also plans to discuss restructuring “the Army

for the way innovation exists today and technology is fielded today.” Since taking office in May, Fanning has focused his efforts on Army modernization and acquisition reform.

He believes the Army must be more agile and prepared to do business with all sectors of industry – including its own organic industrial base – and more willing to consider commercial off-the-shelf technology as a way of quickly providing Soldiers with the best tools available.

“I believe the faster you get things into the hands of Soldiers, the better,” he said. “They figure out how to adjust, and use things differently, and give us feedback very quickly. Technology is being developed differently and in faster and faster cycles now.”

Secretary Fanning also hopes that his drive to change the conversation in the Army about behavioral health services, which he outlined among his priorities shortly after confirmation, will continue after his tenure.

“The Army has done a lot to move behavioral health out into the field at the operational level, so it is there if it’s needed,” he said. “(But) we need to fundamentally shift the paradigm here.”

Right now, he said, many Soldiers consider behavioral health services just something that’s available to them if they need it.

“We need to shift the paradigm from ‘if you need help’ to ‘of course you will need help,’ and then bake that into our post-deployment transition programs,” he said.

JVEF: Many are recognized

CONTINUED FROM A-1

Among the interviewees in the videos was Jason Nakamoto, principal of Leilehua High School. He spoke about how the partnership between his school and the military benefits his students in multiple ways.

His school supports the military by hosting an annual meet and greet between Hawaii Department of Education officials and senior U.S. Army Hawaii leaders.

“It sends a strong message that the Army and (the school) are one and have been since its creation,” the high school principal said.

The school’s mascot is the Army mule, a symbol of its connection to the Army as its first full graduating class in 1928 were



More than 50 volunteers from U.S. Army Hawaii and several other branches of service are honored for their volunteer work with Hawaii students during the annual JVEF meeting, Nov. 17. Military units partner with Hawaii schools to ensure students receive the best possible educational opportunities and to discuss educational concerns of the military community.

all military dependents.

During the ceremony, the forum’s key members were honored. In addition to

bestowing awards for service members who volunteered, long-time retiring or relocating personnel were also

recognized.

This year, the JVEF also marked the first year the forum officially renamed two of its individual awards in honor of two lawmakers and former Soldiers.

The Rep. Mark Takai award, named after the late Congressman and National Guardsmen, is bestowed to an outstanding civilian volunteer. The Daniel K. Inouye award is named after the late senator who first developed the forum and was a Soldier with the 442nd Infantry Regiment.

The ceremony speakers and the interviewees featured in short videos spoke about the impact both legislators have had, especially how Inouye envisioned the need for being an advocate of a good education.

“Education is the great equalizer,” the late Sen. Inouye wrote in the last JVEF summary he wrote before his death in 2012. “It provides a foundation for students to excel, to achieve their dreams and to become contributing members of their communities.”

Top-performers finish Young Alaka‘i Phase 2

Story and photo by
STAFF SGT. JOHN C. GARVER
8th Theater Sustainment Command
Public Affairs

FORT SHAFTER — Twenty-seven top performing company-grade officers, warrant officers and noncommissioned officers, at the joint level, from all services across the Pacific region, and one Department of the Army civilian, have attended and completed the 8th Theater Sustainment Command's Phase II of the Young Alaka‘i Leader Development Program.

Phase II's theme, "National Level Immersion and Exposure," took place Nov. 8-13 in Washington, D.C., and the surrounding national capital region.

Young Alaka‘i's second phase was a busy six days emphasizing national level agencies and strategic polices that are applied to the Indo-Asia Pacific region. The second phase provided an introduction to the whole-of-government concept while increasing interagency, intergovernmental and interdepartmental competency.

"The most valuable takeaway was being able to see how policy and decisions are made at the highest levels within our government," said Capt. Jonathan Ji, 303rd Ordnance Battalion, 8th Military Police Brigade. "Being here in Washington, D.C., during Veterans Day and election week was just an amazing experience."

The cohort visited and received training at the Pentagon, the United Nations Information Center, the East-West Center, the National Geo-Spatial Intelligence Agency, the Department of State, the



Twenty-seven top performing company-grade officers, warrant officers and noncommissioned officers at the joint level, from all services across the Pacific region, and one Department of the Army civilian, attend and complete the 8th TSC's Phase II of the Young Alaka‘i Leader Development Program.

Rayburn Building, the National Capitol Building, the Walsh School of Foreign Service at Georgetown University, and the Eisenhower School of National Security and Resource Strategy at the National Defense University.

"Hands down, the most influential exposure of my career," said Capt. John Servidio, 84th Engineer Bn., 130th Eng. Bde. "This training removed a lot of ambiguity from my career path and instilled a large amount of reinforced pride and drive to be a part of strategic-level leadership."

Navy Lt. Rebecca Haws, U.S. Forces Korea, enjoyed learning how the United States contributes to the United Nations mission and how the system works for

such drastically different partner nations.

"Familiarization with organizations, agencies and academic institutions will help me as a junior officer to understand the Indo-Asia Pacific, as well as make future personal career decisions," Haws said.

The students were treated to a long list of professional subject matter experts, including Dr. Sorin Lungu, a professor of the Department of National Security and Industrial Base from the National Defense University, who spoke about national defense in the Pacific Region, and David Maxwell and Dr. Tom McNaughe, professor and director, respectively, from the Center for Security Studies and the

Security Studies Program in the Walsh School of Foreign Service at Georgetown University, who educated the group on the northeast and southeast Asian theaters from both geo-political and historical perspectives.

"I plan on talking to my Soldiers and peers about the complexities within the Pacific area of operations and why it is so important," said Chief Warrant Officer 3 Glen Butler, a targeting officer with 25th Infantry Division. "I believe that by providing the "so what" of where our Soldiers are serving, it gives them additional motivation and an increased sense of value for their service here."

The plan for Phase III is for students to travel to three countries within the Pacific region, in the spring, to participate in broadening seminars, meet with government, military, business and academia officials, and to use their training from Phases I and II to better understand regional issues.

POC and More

For more information on upcoming iterations of the Young Alaka'i program, contact the Young Alaka'i program manager, Capt. Monica Rivera, on global.

Applicants must have their chain of command's endorsement to attend.

Coverage of the program can also be found on the 8th TSC website at <https://www.army.mil/8thtsc> or www.facebook.com/8thTSC, and on Twitter at <https://twitter.com/8thTSC>.

Army Secretary issues challenge with ‘Hack the Army’ program

MAJ. CHRISTOPHER OPHARDT
Army News Service

WASHINGTON — On Nov. 11 at the Capital Factory in Austin, Texas, Army Secretary Eric Fanning announced plans to launch the federal government's most ambitious "bug bounty" challenge, known as "Hack the Army."

Building off the Army's previous "Hack the Pentagon" program, earlier this year, and similar initiatives advanced by private sector companies, the Army will offer cash rewards to hackers who find vul-

nerabilities in select, public-facing Army websites.

"We're not agile enough to keep up with a number of things that are happening in the tech world and in other places outside the Department of Defense," Fanning explained. "We're looking for new ways of doing business."

Unlike the Hack the Pentagon program, which offered hackers static websites that weren't operationally-significant as targets, Hack the Army will offer dynamic exchanges of personal identi-

able information, sites considered critical to the Army's recruiting mission.

Over the next few weeks, HackerOne, a security consulting firm under contract with the Pentagon, will invite a group of security researchers and bug hunters to participate in the Army challenge. According to Fanning, the challenge represents a break with the past. Previously, the government has sought to avoid working with the hacker community.

"Here, we are not just meeting them face-to-face; we are challenging them,"

he said. "Take your best shot. Bring it on."

The Army's bug bounty program will be open to properly registered members of the public, but in another first, Fanning announced that U.S. government civilians and active duty military personnel will also be authorized to participate.

"There are large numbers of technologists and innovators who want to make a contribution to our nation's security," Fanning said.

(Read the rest of this article online at www.hawaiiarmyweekly.com.)



25 / Friday
Housing Closure — The Schofield Barracks Housing Services Office is closed today and will reopen at 8 a.m., Monday.

Warrior Care Month — Providing world-class medical care to all Soldiers and their families has always been a priority for the Army. Read more about this “Triad of Care” at https://www.army.mil/standto/archive_2016-11-21/?s_cid=standto.

Prescriptions — Did you know that the post pharmacy will take back your expired prescriptions free of charge? Pick up an envelope at the pharmacy for disposal. Call 433-8421 or 433-8425 for more details.

“A Soldier’s Gift” — As a small way to thank all military



New technology has improved emergency response, but if you cannot provide a voice (or telephone) call to 911 during an emergency, now you can use your cell phone. Visit www.hawaiiextto911.com.

who serve, Tim Rushlow, former lead vocalist for country music super group “Little Texas,” has written and recorded a very special Christmas song with Branford Marsalis and members of the Nashville Symphony, called “A Soldier’s Gift.” See and listen to the video at https://youtube/8WOL1iL_N1E.

Postal Service — USPS is accepting applications for holiday seasonal positions at the Honolulu Processing & Distribution

Center located at 3600 Aolele St., Honolulu. Open positions include casual mail handler and postal service employee mail processing clerk.

Temporary holiday positions are available in Honolulu now through Jan. 6, 2017. The hourly wages range from \$12 to \$16.06 with varying shifts and days off.

USPS also has non-holiday positions currently available: city carrier assistant, automotive technician and PSE mail processing clerk. The hourly wages

range from \$16.06 to \$20.30 with varying shifts and days off.

Those interested may apply at www.usps.com/careers, click on “Search Now,” select “Hawaii,” click “Start,” then click on the link for the appropriate job.

A general overview of USPS employment requirements is available at <http://about.usps.com/careers/employment-requirements.htm>.

Job openings will be regularly updated until all positions are filled. Those interested in employment with the Postal Service should log on to <http://usps.com/careers> weekly to check for new postings.

29 / Tuesday
Free Tax Prep Workshop — Want to learn how to do your taxes? Goodwill Hawaii is hosting a free six-part workshop to equip taxpayers with the skills to do their own taxes and keep more money in their pocket.

Participants will have the opportunity to put their knowledge into practice by helping Goodwill Hawaii provide free tax preparation services to low-income families through the Voluntary Income Tax Assistance (VITA) program. There is no obligation to volunteer for the VITA pro-

gram by enrolling in the workshop.

Attend Tuesdays, through Dec. 20, from 6 to 8 p.m., at Goodwill Hawaii’s Ohana Career and Learning Center in Kapolei, 2140 Lauwiliwili St., second floor computer lab.

Space is limited, so reserve your seat today. Attendance at all sessions is not required to participate. To sign up, contact Justin Martin, Program Development Coordinator at jmartin@higoodwill.org or (808) 836-0313, ext. 1015.

December

1 / Thursday
Pharmacy Network Changing — On Dec. 1, Walgreens pharmacy locations will join the TRICARE beneficiaries network. CVS pharmacies, including those in Target stores, will leave the network on the same day.

The new network will have more than 57,000 locations nationwide and ensure TRICARE beneficiaries have timely access to retail pharmacies in their community.

Visit www.tricare.mil/PharmacyNetworkChange.



28 / Monday
Krukowski Road — Contra-flow traffic will be in effect for Tripler’s Krukowski Road from 7 a.m. to 3:30 p.m., daily, for electrical work from Nov. 28 to Dec. 31.

Ayres and Waianae — These Schofield avenues will receive closures for curbing upgrades. The work will be performed in multiple phases, Nov. 28 to Dec.

2, from 7 a.m. to 3:30 p.m., daily.

29 / Tuesday
Kaiona Avenue — The Directorate of Public Works will close Schofield’s Kaiona Avenue for utility installation. The street will only be accessible from Lyman Road, with no access from Kolekole Avenue. The work will be performed Nov. 29 to Dec. 4, from 8:30 a.m. to 3:30 p.m., daily. Saturday and Sunday work will only be conducted if absolutely necessary from 9 a.m. to 5 p.m.

Pledge to Walk — The Directorate of Emergency Services’ Bike Patrol is working to help children get to school safely. The patrol will be assisting children bike or walk to Schofield’s Solomon Elementary School safely from 7:15 to 8 a.m. There are no

busses going to the school, so expect increased traffic. The patrol will also be assisting students Dec. 7.

December

12 / Monday
Parking Lot Closure — Swinerton Builders will be closing the parking lot on Schofield’s McCornack Road, east of the Dental Clinic, Bldg. 660, for the construction of a new parking structure. The main part of the parking lot will be closed from Dec.12 through Nov. 30, 2017.

A temporary parking lot will be available on McMahon Road. Shuttle bus service will be provided from the temporary parking lot to the drop-off location

at the northwest corner of Bldg. 660.

The first departure from the temporary parking lot will be at 5:30 a.m.; the last from the Health/Dental Clinic will be at 7:30 p.m.

Departure times from the temporary parking lot are every half hour after first departure at 6 a.m. Departure times from the Health Clinic are 15 minutes and 45 minutes after the hour – 5:45 a.m., 6:15 a.m., etc.

17 / Saturday
Power Outage — Schofield’s Lyman Road, Burger King, Pop-eyes, child development centers 1280 and 1283, and work centers will be impacted by a power outage on Saturday, Dec. 17, from 7 a.m. to 4:30 p.m., to install traffic lights on Flagler.

Note, organizations may not be all inclusive and times are a best guestimate. Field conditions may increase the time to install lights.

Ongoing

Back Door — Customers requiring services at the Soldier Support Center, Bldg. 750, Schofield Barracks, must enter from the back of the building through the lanai walkway due to construction and landscaping projects. Access will be constricted until the end of November.

All human resources, finance, transportation and replacement detachment services remain available during normal duty hours.

Preps underway for 58th pres. inauguration

DAVID VERGUN
Army News Service

JOINT BASE MYER-HENDERSON HALL, Va. — More than 6,000 service members are part of a military task force preparing for the 58th presidential inauguration, which will take place in Washington, D.C., Jan. 20, 2017.

“This peaceful transfer of power is so important for this country,” said Maj. Gen. Bradley A. Becker, commander of the Joint Task Force-National Capital Region (JTF-NCR).

“(My troops) have the honor of representing the more than two million men and women in all the services, many of whom are deployed,” Becker said.

The Army is the lead service on the task force, which plans and carries out the military portion of the inaugural.

This tradition goes back to 1789, when the Army, the militia, and Revolutionary War veterans escorted President-elect George Washington into Federal Hall in New York City, Becker noted, speaking at



The U.S. Army Band, “Pershing’s Own,” which will be in the 58th Presidential Inauguration, Jan. 20, 2017, participates in a retirement ceremony Nov. 17, at Joint Base Myer-Henderson Hall, Va.

Photo by Don Wagner

a media roundtable, here, Nov. 17.

What the services will do
Michael D. Wagner, chief of National Events Planning, JTF-NCR, said the offi-

cial inaugural period, codified in public law, is from Jan. 15 to 24.

The first event will take place Jan. 15, when there will be a large-scale rehearsal across the district involving military as-

sets and the Presidential Inaugural Committee, the Joint Congressional Committee on Inaugural Ceremonies and interagency partners.

Military assets in attendance will cover a large range, from each of the services’ premier bands and color guards to all of the service academies, including the Coast Guard and Merchant Marine academies.

All service components, including active, National Guard and Reserve will be represented, Wagner said.

In addition, there will be the parade itself, street cordons and honor cordons for the Capitol and White House, he said.

Also participating will be logistical and other supporting assets like movement control teams, engineering units, public affairs and transportation elements.

After the inauguration, balls and galas will be held at which military members will be present, he added.

(Read the full article online at www.hawaiiarmyweekly.com.)

Combined Federal Campaign donations show the ‘power of love’

Story and photo by
HA SI ON
Army News Service

DAEGU, Korea — “Remember that the happiest people are not those getting more, but those giving more,” said H. Jackson Brown Jr.

We, as humans, at one time or another, need help, but we sometimes forget to give back the kindness.

We live in this fast-paced world, where everyone is too busy with his own life. No one has the time to stop and help someone in trouble or even ask.

We should keep in mind that there are others who need our help and assistance. That’s why the Combined Federal Campaign is so significant.

“Basically, it’s a committee of Army, Air Force, Navy and Marine Corps, and civilian personnel. They vet charities to see if they are legal and doing the right thing,” said Geanno M. Thompson, site manager, Military Personnel Division, U.S. Army Garrison Daegu, Korea. “It gives the Soldiers the opportunities to give to their favorite charity.”

The CFC is the annual workplace giv-



This picture is the art drawn by Dave, fifth grade, in Ankara Elementary School (in Korea), who won second place at his DODDS elementary school art contest.

ing campaign. Department of Defense uniformed and civilian personnel can give to thousands of national and international charities and thousands of local charities around the United States.

Members of the U.S. military are dedicated to making a difference at home and abroad. Contributing to the CFC is a tangible extension of the service you already give to our country.

Federal employees have demonstrated a resounding spirit of public service

through the CFC for over 55 years contributing more than \$8 billion in donations.

This tradition of caring can be continued by making a pledge today. Through your service to our country, you see hardship every day. Pledging through the CFC is another way to offer help and hope to those who need it most.

The CFC offers several ways to make a donation, including electronic payroll allotments through your myPay account.

“E-giving is a CFC site where not just Soldiers can give, but also civilians and family members,” said Thompson.

Pledging online is a convenient, safe, effective and confidential way to support your favorite charities. Furthermore, online giving makes it possible to reduce processing errors and operating costs.

You can choose monthly payroll allotments and CFC eGiving, and one time or monthly credit/debit card contributions. Spreading your gift over the course of the year through a payroll allotment or recurring credit/debit card donation makes giving affordable while increasing the impact of your gift.

Many Soldiers don’t know where the

money is going, and they are usually worried about if the charity actually gets the money.

“With this program, the money actually goes to the charity,” said Thompson. “It doesn’t go to somebody else’s pockets, not the organization’s pockets. It is designed to protect Soldiers, civilians and family members. Also, the undesignated donations, they go back to the Garrison or the communities.”

There is a saying by Elizabeth Andrew that “volunteers do not necessarily have the time; they just have the heart.” If you are interested in disaster relief, veterans’ services and finding cures for diseases or offering therapy for service members returning from deployment overseas, it is great chance for you to represent a federation or charity in the CFC-O.

Through the CFC, you can give back to help others who might be in a similar situation. Choose your cause and “Show Some Love,” today.

Make a Contribution
Visit www.cfc-hawaii.org.



SOLDIER FOR A DAY



Country singer Kellie Pickler and her group pose with members of the 25th ID Lightning Academy, Nov. 18.



Country music star Kellie Pickler fuels a fire taco her husband, Kyle Jacobs, holds at the 25th ID Lightning Academy.

HAWAII ARMY WEEKLY www.hawaiiarmyweekly.com

PAU HANA

"When work is finished."

November 25, 2016

Country singer Kellie Pickler performs with her band for the Hawaii Army community at Weyand Field, Nov. 18.

Singer Kellie Pickler conquers Schofield Barracks

Country singer shares Army life experiences during her USO tour

Story and photos by
KRISTEN WONG
Contributing Writer

SCHOFIELD BARRACKS — The Hawaii Army community gathered at Weyand Field, here, Nov. 18, for a free USO concert by country singer Kellie Pickler.

This date was the singer's first time in Hawaii.

"It's been absolutely beautiful," Pickler said of the islands. "It's been so amazing, so we look forward to coming back for sure."

She performed at Marine Corps Base Hawaii, Kaneohe Bay, too, Nov. 17, during her Hawaiian trip.

Experiences

While in Hawaii, Pickler, her husband, Kyle Jacobs, and her bandmates kept busy with recreational activities, including skydiving.

After arriving, here, Pickler took pictures with Soldiers and their families at Bronco Café and the Outdoor Recreation Center.

The group also went to the 25th Infantry Division Lightning Academy for demonstrations, including setting up animal traps, building fires and crossing a one-rope bridge. They took turns rappelling down the academy's walls.

USO veteran

Pickler is currently on her 10th USO tour. She became interested in the USO in 2007 when she saw Toby Keith being interviewed about his work with the organization.

Pickler has performed worldwide, in places such as Italy, Afghanistan and Iraq. She has visited various military installations, such as Fort Jackson, S.C.; Fort Riley, Kan.; and Seymour Johnson Air Force Base, N.C.

In September, she was one of the recipients of the Spirit of Hope Award, an award that honors people who have sup-



Pickler rappels down one of the smaller walls at the 25th ID Lightning Academy, Nov. 18. Pickler and her group watched survival demonstrations at the academy, and then rappelled. The singer performed for Marine Corps Base Hawaii on Nov. 17, and at Weyand Field, Schofield Barracks, Nov. 18. This is her 10th USO tour.

ported service members through various initiatives.

"We're so blessed to have such a great relationship with the USO," she said. "They enabled us to take 'home' to our service men and women serving all around the world."

Through her tours, Pickler said she has had many experiences, from riding on CH-47 Chinooks and UH-60 Black Hawks to shooting a howitzer. While she considered each of those moments "special in its own way," Pickler said the most memorable moments are being able to hear personal stories from service members.

"These tours always put things into perspective for us," she said. "It makes us count our blessings, and we're very, very grateful for all our service members and things, and we're so happy to be able to 'take home' to them. It's truly a blessing."

Sgt. Tyler Sullivan, an attack heli-

copter repairer with 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, 25th ID, came to the concert because he loves country music and wanted to enjoy the free concert. It was the first time he'd seen Pickler in concert.

"The USO has always, always, always been good to us, said the West Palm Beach, Fla., native. "They've always put on great shows, always put great things together for the military in general. USO is a great thing."

Sullivan said he'd like to see other country stars like Toby Keith or Tim McGraw come to perform in the future.

Plenty of work

Pickler continues to keep busy, touring throughout the year. Last year, she released a line of merchandise inspired by her great-grandmother, Selma Drye, with the Grand Ole Opry.

She also recently finished filming the second season of "I Love Kellie Pickler," a reality TV show on CMT. Her cover of "White Christmas" comes out today, and she plans to record more songs in January 2017.

"We're staying busy," she said. "It's a good problem to have. A lot of people don't have any work; so, we're not going to complain about having work."



Capt. Matthew Jones, an infantry officer with the Jungle Operations Course, receives a hug from Pickler, at the 25th ID Lightning Academy, Nov. 18.



Pickler performs with her band for the Hawaii Army community at Weyand Field, Nov. 18.



Briefs

25 / Friday
Closures — Today’s a school holiday, so all Hawaii public schools are closed. School administration offices, however, will be open. Call 655-8326.
Note, CDCs are closed for training.

Parenting 101 — Take your parenting to the next level, noon-1 p.m., SB ACS. Discover current “best practices” and learn tips and tools to assist you in reaching your parenting goals. Call 655-4227 to register.

Hawaiian Luau Buffet — FS Hale Ikena hosts this tropical Hawaiian Luau Lunch with none of the fuss for only \$14.95. Call 655-4466.

BOSS Board Games and Video Game Tournament — Three-day tournament. Call 655-1130.

BOSS Black Friday Shopping — Trips to Waialeale and Ala Moana featured. To sign up, call 655-1130.

Paint and Sip — Grab a glass, an apron and a seat in the SB Tropics Ono Room, Bldg. 589, Foote Avenue, at 7 p.m. Bring your neighbors, friends, family members and yourself for an unforgettable evening.
A local artist will instruct you through an original piece of art. All materials are supplied. All skill levels welcome. Includes two hours of instruction for \$35/person, which is nonrefundable. Call 655-5698.

Magic the Gathering — Bring your cards, friends and join SB Tropics every Friday night at 6 p.m. Call 655-5698.

26 / Saturday
Tabletop Gaming — For adults at SB Sgt. Yano Library from 1-4 p.m. Light refreshments will be offered. Call 655-8002.

Slam the Door Open Mic Night — Every Saturday at 7 p.m. at SB Tropics. Enjoy a night of poetry, short fiction readings, acoustic music performances, dance crews, magicians and rap – or tell a joke. To perform or sign-up, call 655-5698.

Dungeons & Dragons — Meet-up at SB Tropics for an open-ended, role-playing game every Saturday at 6 p.m. Call 655-5698.

Karaoke — Sing your favorite songs, 9 p.m., at SB Tropics with over 5,000 selec-

SANTA’S COMING



Artwork courtesy of Family and Morale, Welfare and Recreation

SCHOFIELD BARRACKS — Launch the holiday season at the annual installation tree lighting ceremony. Both events, at Schofield Barracks, Nov. 28, and at Fort Shafter, Dec. 1, will feature Army Music Hawaii, costumed characters, cookies, cocoa and fun that will begin at 5:30 p.m. at each location. Visit HIMWR.com for more information.

tions, every Saturday in November. Call 655-5698.

27 / Sunday
NFL Sunday Ticket at Tropics — Every Sunday at SB Tropics, Bldg. 589, Foote Avenue. Watch your favorite teams go head to head. Doors open 30 minutes before the first game. Be sure to check out the Sunday breakfast menu. Call 655-5698.

Sunday Brunch — Enjoy Sunday Brunch Buffet at the FS Hale Ikena, Bldg. 711, Morton Drive, from 10 a.m.-1 p.m., for \$24.95/person. Reservations encouraged. Call 438-1974.

28 / Monday
Stress Solutions — Held from noon-1 p.m. and identifies the causes of stress as well as how it affects our lives. Class will share techniques such as positive self-talk and how to not take things personally. Will also introduce a variety of relaxation techniques. Call SB ACS at 655-4227.

Using LinkedIn and Social Media — Held at SB ACS from 10-11 a.m. Build

your network by utilizing social media and developing your LinkedIn profile to net a job. Learn tips on creating a strong LinkedIn profile and taking it to the next level. Call 655-4227.

Million Dollar Soldier Refresher — This training provides Soldiers with valuable financial tools at SB ACS from 8:30-11:30 a.m. and 1-4 p.m. Topics include saving, credit, investing and big purchases. Call 655-4227 to register.

Where’s the Elf? — Find the elf, Nov. 28-Dec. 18, at FS library, and win an elf book kit. The elf will be hiding in the library during normal business hours. Submit a ballot, i.e., one ballot per child per week.
The elf will change locations every Monday, so the more you come, the higher your chances of winning. Call 438-9521.

Make Your Own Sundae Monday — The dessert station at the FS Hale Ikena’s Grand Buffet will offer you the chance to build your own ice cream sundae, so make room for dessert at the same grand price of \$14.95 for the Grand Buffet. Call

438-1974.

Mongolian BBQ — Choose your own vegetables and meats for a delicious stir-fry. Get barbecue on Mondays at SB KoleKole Bar & Grill, 1249 KoleKole Ave., from 5-8 p.m. Call 655-4466.

Pau Hana Social — SB Kolekole Bar & Grill offers end of workday food and drink specials, 5-7 p.m., Mondays, Tuesdays, Wednesdays and Fridays; plus 4-6 p.m., Thursdays.

29 / Tuesday
Resiliency through Art — This program focuses on self-expression through art in a small group setting at the SB Arts & Crafts Center every Tuesday from 9:30-11:30 a.m. Call 655-4202, as registration is required.

Chess at SB Tropics — Play chess every Tuesday at 11 a.m. and take part in one-on-one and team challenges. Interested in forming a team? Call 655-5698.

Anger & Conflict Solutions — Prevention program for individuals to learn the basics of anger awareness from noon-1 p.m. at SB ACS. The class will help participants identify their own personal anger cues and ways to de-escalate conflict situations.

Taco Tuesday Night — Every Tuesday come to the SB Kolekole Bar & Grill for Taco Tuesday Night. Enjoy three tacos, rice and beans for only \$4.99/person from 5-8 p.m. Call 655-4466.

30 / Wednesday
SAFER Group — This discreet group meets weekly to explore issues such as self-esteem, self-care, safety planning and understanding abuse at SB ACS from 9 a.m.-10:15 a.m. Call 655-4227 to register.

Hawaiian Luau Buffet — SB KoleKole Bar & Grill hosts a Hawaiian feast for only \$14.95. For more details, call 655-4466.

BOSS — Life skills for USARPAC and USAG-Hawaii. To sign up, call 655-1130.

Keiki Night — Every Wednesday is Keiki Night at the SB Kolekole Bar & Grill. Kids under 10 eat for only \$2.99 from the kids menu from 5-8 p.m. Call 655-4466.

December

2 / Friday
Friday with Friends — This support group meeting is a peer-support gathering for surviving family members, offered every first Friday of the month from 9 a.m.-1 p.m. Call 655-4227.

10 / Saturday
ACTs — The registration deadline is Dec. 10 for ACTs. Call 655-8326.

SKIES Unlimited Hula — Classes at AMR and SB studios. Call 655-9818.



Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

25 / Friday
Vans World Cup of Surfing — Waiting period begins at legendary Sunset Beach, which features one of the most consistent big waves on the planet, 8 a.m.-4 p.m.
Parking is available at Turtle Bay Resort with shuttle bike access. Visit vanstripolecrownofsurfing.com.

Hawaii Wartime History Tour — Visit 52 sites related to the war years in the downtown Honolulu/Chinatown area, every day, 1-5 p.m., through Dec. 31. Cost of \$40 includes rest stops. Reservations are required 24 hours prior to tour date. Call (808) 395-0674, or visit www.stevestoursandfilms.vpweb.com.

Mariah Carey in Concert — Ticket sales are underway for one of the best-selling female artists of all time, who will be returning to the Neil Blaisdell Arena, Nov. 25 and 26, with her “Sweet Sweet Fantasy” tour.

26 / Saturday
Hiking — The Kolekole Walking-Hiking Trail on Schofield Barracks is open this weekend, Saturday and Sunday.

Snow Day — Kapolei Commons kicks off the holiday season with 30 tons of snow, free photos with Santa, food booths, games and fun, 10 a.m.-12:30 p.m.

University of Hawaii Football — Rainbow Warriors conclude their regular season, 6 p.m., with kickoff at Aloha Stadium. Warriors need a victory over the Univ. of Massachusetts for bowl game invitation consideration. Visit www.HawaiiAthletics.com for online ticket information.

Waikiki Holiday Parade — Holiday kickoff event is expected to have 4,000 marchers, 40 vehicles and 38 bands, beginning at 7 p.m. It will start at Saratoga Road/Kalakaua Avenue, and end at Queen Kapiolani Park. Visit www.musicfestivals.com.

29 / Tuesday
Family Night — Enjoy AMR family gatherings at 5:30 p.m. every Tuesday at the AMR Chapel. This broad-ranging Christian program features fellowship and Bible study from 6:15-7:30 p.m. Child care is provided. Call AMR Chapel at 839-4319.
Schofield Family Night is held Wednesdays at 5:30 p.m.

December
2 / Friday
First Friday — Chinatown is the place to join the hip crowds at the many

unique galleries, boutiques, cafes and restaurants that feature exciting art exhibits and free entertainment every month.

The art galleries and most shops stay open late, from 5-9 p.m., followed by a late night party at some of the trendiest, most popular bars in Honolulu. Visit www.firstfridayhawaii.com

3 / Saturday
Mayor’s Tree Lighting Ceremony/Parade — Annual downtown event, beginning at 6 p.m., is expected to have 2,000 marchers, 40 floats and 15 vehicles beginning at Aala Park and finishing at Honolulu Hale (City Hall). Lanes will be closed from 5 p.m. Call Eddie Oi, Department of Customer Services, at 768-3499 or email eoi@honolulu.gov.

4 / Sunday
The Elf Who Saved Christmas — This musical holiday comedy will have 2 and 5 p.m. shows at the Paliku Theatre, Kaneohe. Visit www.soundsofaloha.org or call 262-7664.

8 / Thursday
Garth Brooks Concert Tickets — An additional Thursday show with superstars Garth Brooks and special guest Trisha Yearwood, in support of the 75th Commemoration of the Attack on Pearl Harbor, is added for 8 p.m., Dec. 8, in addition to Dec. 9-10 performances at the NBC Arena, so purchase tickets now.
Tickets can only be purchased at ticketmaster.com/garthbrooks, ticketmaster.com or by calling Ticketmaster Express at 1-866-448-7849 or 1-800-745-3000

with a limit of eight tickets per purchase. All tickets will cost \$69, plus a \$6.25 service fee.

9 / Friday
Hale Koa Hotel Free Concert — The U.S. Pacific Fleet Band will play in a free public concert at the hotel’s Luau Garden in Waikiki, 7 p.m. Concert commemorates the 75th anniversary of the attack on Pearl Harbor.

Pacific Aviation Museum — Original play “Righteous Revenge,” will be performed as a PAM fundraiser, 6-9 p.m. Tickets of \$125 include reception. RSVP to Vangie.Villa@PacificAviationMuseum.org.

11 / Sunday
Moonlight Paddling — Turtle Bay Resort has launched a brand-new Full Moon Paddle with a one-hour tour around Kawela Bay on a stand-up paddleboard, Dec. 11. Call (808) 293-6020.



Sgt. Smith Theater will be closed this weekend for renovations.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FCC: Family Child Care	FMWR: Family and Morale, Welfare and Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
---	--	--	--

Resources help teens deal with cyber crisis

ARMY SCHOOL LIAISON OFFICE
Child, Youth and School Services

SCHOFIELD BARRACKS — There’s no doubt that mobile devices, particularly smartphones, provide a convenient and constant access to social media sites for people of all ages.

According to data from the Pew Research Center, 92 percent of teens, ages 13-17, go online daily – including 24 percent of them who say they go online “almost constantly.”

Teens are using social media sites, such as Facebook, Instagram, Snapchat, Twitter, Kik, Tumblr ... and the list goes on and on. These tools of communication, however, are frequently misused, and can result in placing young people at risk.

Cyber crisis

Teens use these sites to communicate with friends and family and are able to broaden their networking exponentially. These social networking tools have led to exciting ways of finding and interacting with others in ways we could never have imagined, but along with these limitless opportunities, there is also a greater chance for a cyber crisis, such as social media drama, texting troubles and cyberbullying.

The same sites that teens use to connect are also triggering anxiety, depression and even thoughts of suicide, but there is hope for today’s teens who are struggling through a cyber crisis (at www.common sense media.org).

Now, when someone posts a poten-



Photo by Joey Greathouse

Schofield Barracks Youth Center teens are expected to responsibly use social media sites while on their smartphones.

tially suicidal message on Facebook, there is a “report it” link that friends can click on. The site then displays information and resources that the suicidal poster must click through before he or she can use Facebook again.

Kik is another site that has been linked to cyberbullying in teens, and in turn, it provides a variety of resources in its Help Center, particularly a page dedicated to answering the question, “Someone just sent me a suicidal message on Kik. What can I do?” that continues with links to prevention hotlines and support.

Sometimes a teen may prefer to reach out for help beyond online links and

resources, and that’s when the Crisis Text Line can help with free, 24/7 support. A text to 741741 from anywhere in the USA can instantly connect an individual to a trained crisis counselor who can assist through text messages.

As always, the Hawaii Suicide Hotline is also available 24 hours a day by calling (808) 832-3100.

The number of resources available to assist with a cyber crisis is significant.

“Each parent should have a strategy in how to monitor their child’s access to the Internet and social media,” said Sara Hill, from the Adolescent Support and Counseling Services (ASACS) Program.

“There are so many great sites to use as resources, such as Netsmartz.com that provides videos and talking points for parents that include conversation starters on how to communicate with your child. As a community, we can work together to safeguard our children by consistent discussion of expectations and supervision,” she said.

These are just a few of the resources that are available to help teens and individuals through a cyber crisis, and there is no doubt that more and more will continue to evolve.

It’s so important to inform today’s teens that there are sources of support and to offer them the guidance to know when they should use them, where they can find them, and how they can help.

(Editor’s note: SLO is part of CYSS, Army Community Service, Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii.)

For Support

The Crisis Text Line provides free, 24/7 support. A text to 741741 from anywhere in the U.S. can instantly connect an individual to a trained crisis counselor who can assist through text messages.

The Hawaii Suicide Hotline is also available 24 hours a day by calling (808) 832-3100.

For more information in dealing with a cyber crisis, visit www.common sense media.org.

WHEELER CULTURAL EXCHANGE



Photo by Sgt. Daniel K. Johnson, U.S. Army-Pacific Public Affairs



Above — (From left) Masako Nashimoto Luttrell, Hawaii first lady Dawn Amano-Ige, and Command Sgt. Maj. Marde Stephens and Lt. Col. Andrew Graham, from the 25th Combat Aviation Brigade, 25th Infantry Division, present a certificate of appreciation to an exchange student from Kawachi Junior High School on Nov. 17.

Left — Japanese students from Kawachi Junior High School visit Wheeler Middle School as part of an ongoing partnership and cultural exchange between the two schools.

Molinari says, put on your fat jeans cause resistance is futile

Human willpower built the pyramids, traveled to the moon and split the atom.

It enabled Evel Knievel to attempt to leap the Grand Canyon on a motorcycle, and Annie Edson Taylor to plunge over Niagara Falls inside a pickle barrel.

It compelled Vincent Van Gough to cut off his own left ear, Sir Edmund Hillary and Tenzing Norgay Sherpa to climb Mount Everest, and Joshua Slocum to sail alone around the world.

But human willpower is no match against gingerbread lattes, holiday cheese balls and Aunt Betty’s peanut butter fudge.

Annual mantra


Every year, I tell myself, Lisa, you will not gain weight this holiday season! But like a twig on the shoulders of a mighty stream, I am useless to fight it.

My organs grow fatty between Halloween and New Year’s Eve, like some kind of forced-fed fois gras duck, as I careen helplessly through the annual gauntlet of gobbler.

As sure as the change in seasons, the shifting tides and dryer lint, I drift mindlessly into these cyclical food-related events of life, and before I know it, there’s no escape.

It all starts with the irresistible perils of fall, when we are inundated with warm donuts and fresh apple cider, spicy football wings and cold beer, and pumpkin-spiced this-that-and-the-other. We feel compelled to indulge ourselves; after all, the season wouldn’t seem right without these traditional delicacies.

But then, Halloween kicks it up a notch. Bam! When I’ve finished consuming all the leftover Halloween candy and reach my maximum level of personal disgust, I make a futile effort to “get healthy.”



For a few days, maybe a week, if I’m lucky, I attempt to cleanse myself of excess calories, believing naively that, this will be the year that I make it through the season without gaining 10 pounds.

Yeah, right.

Before I know it, it’s Thanksgiving, and my pantry is stuffed to the gills with brown sugar, chocolate chips, pecans, corn syrup, canned pumpkin, cranberry sauce, chicken broth, cornbread mix, and those french-fried onion thingies that go on top of the green bean casserole.

My refrigerator groans under the weight of sticks of butter, sweet potatoes, green beans, onions, a 20-something pound turkey and a jar of those miniature sweet pickles for the relish tray.

Resistance is, most definitely, futile.

On Thanksgiving Day, I cook for more than 20, and serve less than 10. After toiling over the meal for so many thankless hours, I insist on mercilessly cramming my innards with my own work product. Uncomfortably full, I reach for seconds, then thirds, as my expanding gut compresses my lung capacity.

Taking shallow breaths, I sample the desserts – “just a sliver of each” – as I ignore the nausea signals my stomach sends to my brain. I know the next bite might send me hurling to the nearest toilet, but I take it anyway. This self-destructive binge continues until I flop, engorged and panting, onto the couch.

Despite vowing the next day to “never eat again,” I channel my mother’s



File photo

Lisa Smith Molinari talks about Thanksgiving, food and inevitable weight gain woes in this column.

depression-era ethic against wasting food, and spend the next two weeks consuming the Thanksgiving leftovers as turkey noodle soup, turkey divan, hot turkey sandwiches, cold turkey sandwiches, turkey tetrazzini, turkey enchiladas and turkey potpie.

When the turkey is finally gone, I officially surrender and start wearing my fat jeans in anticipation of the holiday food frenzy to come. Helpless to avoid it, overeating becomes my job. Every day I get up, punch the clock and belly up to the mandatory feast of the season.

Overconsumption reaches its pinnacle around Christmastime, when, in my weakened state, I succumb to the cheese dip, spiral ham, eggnog, candy

canes, prime rib, hot cocoa, mixed nuts, red and green M&Ms, and, of course, the cookies.

Oh ... the cookies.

As my chins double, my inner dialogue attempts to justify the gluttony. My belly button disappeared.

That’s what holiday sweaters are for. There’s a roll on my back.

Now it matches your front.

And inevitably, when I emerge from the gauntlet, bloated and dizzy, I admit to myself, I’ve gained 10 pounds.

Consider yourself lucky. Now you have a New Year’s Resolution.

(Find more of Molinari’s humor and insights at www.themeatandpotatoesoflife.com.)

Construction to begin on new parking garage

Story and photo by
CHRISTINE CABALO
Staff Writer

SCHOFIELD BARRACKS — Shovels and traditional Hawaiian digging sticks plunged into the ground to overturn the first patches of dirt at the groundbreaking of a new parking garage, here, Nov. 18.

When completed, the garage will add 429 spots near the U.S. Army Health Clinic-Schofield Barracks for patients and staff to use.

The structure has a projected finishing date of December 2018. It’s intended to support everyone who uses the clinic, focusing on serving patients, said Col. Deydre Teyhen, commander of USAHC-SB.

“This new parking lot should ease the anxiety in trying to get care,” she said. “Patients shouldn’t be white-knuckled and anxious while they are trying to park; this will go a long way to ensuring good care.”

Lt. Col. Britton London, executive officer of U.S. Army Garrison-Hawaii, spoke at the ceremony about how the wait might be long, but worth it in the



Senior leaders and guests with the USAHC-SB untie the ceremonial maile lei during the groundbreaking and blessing of the new parking garage, Nov. 18.

end for easing the strains of medical staff and patients.

Rev. David Ka’upu performed a blessing and supervised the official

groundbreaking. He offered a traditional Hawaiian blessing as well as a traditional Christian Bible passage from the book of Psalms.

Ka’upu then assisted Teyhen and Sgt. Maj. Luis Maldonado, command sergeant major of USAHC-SB, in untying the Hawaiian maile lei. Ka’upu also explained to the audience the importance of maile and how it is gathered from a fragrant resilient shrub. He likened the plant to Soldiers.

“It is the very best and our cultural affirmation of resilience,” he said. “Even though we may carefully shave off all of its leaves and bark, it will still grow back.”

The contract to build the parking garage will be completed by Swinterton Builders, based in Los Angeles with several offices, including one, in Honolulu.

The surrounding area of the current structure also includes several historical buildings that were initially built in 1922.

The parking garage will be located where the clinic’s current west parking lot is on McCornack Road. The Army Corps of Engineers will be supervising the design and construction of the garage as it begins official construction.

“We are one team, building strong,” said Maj. Thomas Piazze, deputy district commander of the Army Corps of Engineers.



SCHOFIELD BARRACKS — Cindy Morita (third from left), Family Advocacy Program manager, Army Community Service, describes the importance of taking an active role in community safety during a presentation of command coins for the Take A Stand program.

Awardees were honored during the Community Health Promotion Council meeting, Wednesday.

Awardees included the following:
•Sgt. Jacquiline Rambo (second from left), for suicide intervention, from 25th Transportation Company, 524th Combat Sustainment Support Battalion, 25th Sustainment Brigade, 25th Infantry Division;

•Chief Warrant Officer 2 Travon Crouchet, for coordinating Domestic Violence Awareness Month outreach, from 25th DIVARTY, 25th ID; and

•Volunteer drivers from the Drunk Driving Prevention Program who are Spc. Matthew Von Stetten, C Co., 65th Bde. Engineering Bn.; Spc. Isaiah Gray, 58th Military Police Co., 8th MP Bde; and Spc. Eligio Cruz-Moya, 58th MP Co., 8th MP Bde.



Photo by Christine Cabalo, Oahu Publications

Light plays a historic role in the Advent season

CHAPLAIN (CAPT.) MAYA DIETZ
3rd Battalion, 7th Field Artillery Regiment
25th Division Artillery
25th Infantry Division

SCHOFIELD BARRACKS — It’s Advent season!

If you are scratching your head, thinking, “What is that?” you are like most Americans.

Maybe you got a chocolate Advent calendar when you were a kid, which gave you a piece of candy each day of December as you counted down to Christmas.

If you are lucky, maybe someone bought you the Lego Advent calendar, which allowed you to build a Lego object each day of December. But most people don’t know anything about Advent.

Honestly, I didn’t either because my church doesn’t celebrate it. The more I learned about it, though, the more I came to appreciate its value in our busy holiday season.

Advent is the period of time between Thanksgiving and Christmas during which some Christian churches ask their members to pray, fast and prepare themselves for the coming of Jesus.

One of Advent’s primary symbols is light overcoming darkness.

Powerful metaphor. During this time of year, other traditions also have holi-



Dietz

days and celebrations that involve light.

The Jewish holiday of Hanukkah is marked by the lighting of candles on the menorah for eight days. Buddhists celebrate Buddha’s enlightenment throughout December by stringing multicolored lights around their homes. Pagan groups celebrate the winter solstice with the lighting of yule logs.

Given how dark it is in winter months, it shouldn’t surprise you that light plays a central role in all these celebrations. It is also because light is such a powerful metaphor.

In our culture, we talk about “seeing the light” to describe a moment of revelation. When we are coming through hard times, we say we can “see the light at the end of the tunnel.” We often describe our children as the “light of our lives,” to explain how they bring us joy.

One of the most popular songs by the late Leonard Cohen, “Anthem,” includes the verse, “There is a crack in everything; that’s how the light gets in.”



Light is that bit of truth or hope that keeps us going, and it is always shining on us. We might expect that light to flood our lives and make everything better. But it often doesn’t work that way.

Just like in Cohen’s song, we usually only get to see a bit of the light coming

through a crack, but it is enough to give us the courage to continue.

In Psalm 119, verse 105, the writer describes the word of God as, “a lamp to my feet, a light to my path.” I’ve always been struck by that imagery. A lamp wouldn’t produce that much light – probably just enough to light up the area right around one’s feet and maybe the ground a few steps ahead.

We don’t get to see the pathway out in front of us, such as where we might be in 10 years and how we are going to get there. We can see perhaps the next step or two, and must learn to trust that it is leading to something worthy of our commitment to the journey.

This is the spirit behind Advent, and traditions that put light at the center. The lights serve as a reminder that goodness, mercy and justice exist. We don’t see exactly how they will be fulfilled, but we can prepare ourselves to enjoy the fruits of these qualities by choosing to live them ourselves.

This holiday season, regardless of your faith background, make a conscious effort to consume less and shine more. You just might be the light shining through someone’s cracked and broken life.

(Editor’s note: Dietz is the 3-7th FA battalion chaplain.)

Holiday Worship		Menorah Lighting, MPC	
Catholic Worship Services Nov. 29, 6 p.m., Advent Reconciliation Service, AMR Nov. 30, 6 p.m., Advent Reconciliation Service, WAAF Dec. 8, 5 p.m., Solemnity of Immaculate Conception of the Virgin Mary, AMR & MPC Dec. 24, 5 p.m., Christmas Family Mass, AMR & MPC	Dec. 25, 8:30 a.m., Christmas Day Mass, AMR	Protestant/Gospel Worship Services Dec. 24, 6:30 p.m., Christmas Eve Service, MPC Dec. 25, 5 p.m., Christmas Eve Service, FD Dec. 25, 7 p.m., Christmas Eve Service, AMR & SC Dec. 25, 9:27 a.m., Christmas Day Service, SC Dec. 25, 10 a.m., Christmas Day Service, HMR	Dec. 25, 10:30 a.m., Christmas Day Service, AMR
	Dec. 25, 10:30 a.m., Christmas Day Mass, MPC		Dec. 25, 11 a.m., Christmas Day Service, WAAF
	Dec. 31, 5 p.m., Feast of Mary, Mother of God, WAAF		Dec. 25, noon, Christmas Day Service, MPC
	Jan. 1, 8:30 a.m., New Year’s Day Mass, AMR		Dec. 25, 12:30 p.m., Christmas Day Service, AMR
	Jan. 1, 10:30 a.m., New Year’s Day Mass, MPC		Dec. 31, 10 p.m., New Year’s Eve Service, MPC
Jewish Worship Service Dec. 29, 6 p.m., Chanukkah/Hanukkah			



Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil.

(Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services
• First Sunday, 1 p.m. at FD

- Last Wednesday, 6 p.m. at MPC
- Catholic Mass**
• Monday, Tuesday, Thursday and Friday, 11:45 a.m. at Soldiers’ Chapel
• Tuesday, 7 p.m. at AMR
• Wednesday 11:45 and 5 p.m. at MPC
• Thursday, 9 a.m. at AMR
• Saturday, 5 p.m. at WAAF
• Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC

Gospel Worship
• Sunday, noon. at MPC

- Sunday, 12:30 p.m. at AMR
Jewish Shabbat (Sabbath)
•Friday, 7:30 p.m. at PH (Call 473-3971)
- Protestant Worship**
• Sunday Services
-9 a.m. at MPC
-9 a.m. at FD
-10 a.m. at HMR and WAAF
-10:30 a.m. at AMR
-11 a.m. at WAAF (Contemporary)

Liturgical (Lutheran/Anglican)
• Sunday, 9:27 a.m. at SC

Portion sizes? Be cautious this holiday season

TRICARE
News Release

Thanksgiving was yesterday, but the temptations that come with everyone’s favorite dishes are probably still here. So, as we gather with friends and family to celebrate, we should be mindful of portion sizes still.

Prediabetes puts people at increased risk for type 2 diabetes, heart disease and stroke. It has been estimated that without weight loss and moderate physical activity, 15-30 percent of people with prediabetes will go on to develop type 2 diabetes within five years.

According to the National Institutes of Health (NIH), a portion is an amount of food you choose to eat for a meal or snack, while a serving is a measured amount of food or drink, such as one slice of bread. This means a single portion can actually consist of multiple servings.

Over the past 20 years, average portion sizes have grown so much that sometimes there’s enough food for two or three people on one plate. The NIH calls this portion distortion.

According to the Centers for Disease Control and Prevention (CDC), you can practice portion control in a number of ways.

- When eating out, you can split an entrée with a friend or eat half of the food on your plate and ask for a “to go box” for the rest.
- When eating at home, serve food on individual plates instead of putting the serving dishes on the table – to discourage overeating.
- When you eat in front of the TV, put the amount you plan to eat in a bowl or container instead of eating directly from the package.


If you are hungry, try a healthy snack.

It will help to prevent overeating later.

More Online

If you have questions, you may be able to talk to a nutritionist at your military hospital or clinic. You can also visit the Health and Wellness page of the TRICARE website for tips and resources to help you live a healthier life at www.tricare.mil.

For more information on portion control and nutrition, check out choosemyplate.gov.



Centering Healthcare Institute sets new standards of prenatal care

Tripler has program for military moms-to-be

ARMY NEWS SERVICE
News Release

BOSTON — Centering Healthcare Institute (CHI) has announced an agreement with the U.S. Army Medical Command to establish the Centering-Pregnancy model of group care as the standard of prenatal care for expectant military mothers.

Under a three-year contract, CHI will develop and support the CenteringPregnancy model in 10 major military treatment facilities nationwide.

The model, which brings together expectant mothers with similar due dates in a group setting facilitated by health care providers, delivers patient-centered prenatal care at a lower cost and improves health outcomes, particularly reducing the rate of preterm births.

“CenteringPregnancy has become the ideal prenatal care model for the military by empowering expectant mothers who are often seeking a stronger sense of community and continuity as they experience the highs and lows of pregnancy,” said Angie Truesdale, CEO of Centering Healthcare Institute. “We are thrilled and honored to be able to broaden our commitment to the U.S. Army by further supporting military families.”

At Fort Bragg’s Womack Army Medical Center in North Carolina, where more babies are born than at any other U.S. military medical treatment facility, the CenteringPregnancy model has been credited with helping to reduce the rate of preterm births for expectant moms whose partners were deployed during their pregnancy.

“Our patients are well-informed and happier, which makes for easier laboring process and well-prepared moms and dads,” said Capt. Marimon Maskell, RNC-OB, an Army nurse and the Centering Coordinator at Womack Army Medical Center.

“Because their due dates are so close to each other and their appointments are pre-booked, the moms in the groups are able to build a support system that spans their pregnancies, as well as friendships that often last long after their babies are born,” she added.



Photo by Regional Health Command-Pacific Public Affairs

The first group of mothers complete the Tripler Centering Pregnancy program and gather for a 2015 “reunion” with their infants at TAMC.

CenteringPregnancy will be implemented at three Army facilities and enhanced at seven others where the model has been provided for a number of years. CHI will provide implementation support and advanced training capabilities for the following facilities (an asterick indicates new CenteringPregnancy groups):

- Evans Army Community Hospital, Fort Carson, Colo.;
- *Winn Army Community Hospital, Fort Stewart, Ga.;
- Tripler Army Medical Center, Honolulu, Hawaii;
- *Irwin Army Community Hospital, Fort Riley, Kan.;
- Blanchfield Army Community Hospital, Fort Campbell, Ky.;
- Womack Army Medical Center, Fort Bragg, N.C.;
- William Beaumont Army Medical

Center – Fort Bliss, Texas

- Carl R. Darnall Army Medical Center, Fort Hood, Texas;
- *San Antonio Military Medical Center, Joint Base San Antonio, Texas; and
- Madigan Army Medical Center, Joint Base Lewis-McChord, Wash.

“Army Medicine is committed to continuously enhance the care for our patients. Group prenatal care has been shown to increase support systems and education for this special population,” said Col. Nancy Parson, director, Patient Care Integration for the Army Office of the Surgeon General.

CenteringPregnancy participation reduced the risk of premature birth by more than a third, and for every premature birth prevented, achieved savings of nearly \$23,000, according to a University of South Carolina study published in the *Journal of Maternal and Child Health*.

The model also decreases the rate of low birth weight babies and increases breastfeeding rates.

More Details

The mission of the TAMC Obstetric and Gynecologic Department is to provide optimal health care to all female beneficiaries while training the future leaders of the profession in the premier training program in the Army system.

For more information on Centering, call (808) 433-5933.

TAMC TIP

Foodborne Illnesses

Foodborne diseases are largely preventable.

To help protect yourself and others from foodborne illness, take a few minutes to ensure foods are safe.

- Wash hands, utensils, surfaces, and cutting boards* after contact with raw meat or poultry and before touching other food.
- Wash produce* before you eat it.
- Take a few extra minutes to *make sure meat, poultry, and eggs are cooked* thoroughly.
- Don’t drink raw (unpasteurized) milk* or eat soft cheeses made from it.
- Make sure to *check the storage times* for the refrigerator and freezer.
- Report suspected foodborne illnesses* to your local health department.